

INFORMATION

187th Fighter Wing

Vol. 4, No. 11 November 2015



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187th Fighter Wing Commander **Col. Randal Efferson**
187th Fighter Wing Vice Commander **Col. William Sparrow**
187th Fighter Wing Command Chief **Chief Master Sgt. Lindsey McCall**

Chief of Public Affairs **[Lt. Col. Clare Reed](#)**
Public Affairs Officer **[Capt. Amy Rittberger](#)**

Photojournalist **[Tech. Sgt. Chris Baldwin](#)**
Videojournalist **[Tech. Sgt. Monique Randall](#)**



ON THE COVER >>

Four F16 Fighting Falcons fly in formation during Dacian Viper, Oct. 21. The exercise was held in Câmpia Turzii, Romania, as part of the State Partnership Program. (Courtesy photo by Jim "Hazy" Haseltine)

IN FORMATION is the official publication of the 187th Fighter Wing, Alabama Air National Guard. Contents of this publication are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force, or the National Guard.

The content is edited, prepared and provided by the 187th Fighter Wing Public Affairs Office, Dannelly Air National Guard Base. All photographs are Air Force/ AL ANG photographs unless otherwise indicated.



Submission deadline for the December 2015 publication is December 5th. Articles must be submitted electronically to 187FW.PA@ang.af.mil or 187fw.pa@gmail.com. For more information, contact Public Affairs at (334) 394-7157.



AROUND THE PATTERN

How Do You Cope?

By: LaTonja Reynolds – latonja.d.reynolds.civ@mail.mil

187th Fighter Wing Director of Psychological Health – 334-394-7112

November is Military Family and National Family Caregivers Month. Some of the most important life skills we get from our family are the coping strategies they teach us. So, to commemorate the month I thought it appropriate to write about coping. The word “cope” seems to be a curious term because it used to mean “to come in contact with,” but now, is generally used to convey our effort “to face and deal with responsibilities, problems, or difficulties, especially successfully or in a calm or adequate manner.” (dictionary.com)

However, in more everyday settings it is often used in so many negative ways that it has gotten a bad rep. When we think of coping in the psychological sense we consider how one approaches given situations. In this way coping can be considered adaptive or maladaptive. Adaptive coping is evident when one exhibits a general behavior pattern that has helpful consequences; it is really a lifestyle that *minimizes* the negative effects of stress. This is not the same thing as minimizing situations, but minimizing the effects the stressors have on us. In contrast, maladaptive coping is evident when one exhibits a general behavior pattern that has harmful consequences to one’s health (mental or physical); this tends to *maximize* the negative effects of stress. I probably don’t need to tell you which one psychological health professionals prefer.

There are two general types of adaptive coping: problem-focused and emotion-focused. We all typically employ one or both at one time or another, depending on the intensity of our reactions and what has worked for us in the past.

Below are some principal differences between the two:

Problem-Focused Coping:

- Centers on changing the actual threatening or stressful situation
- Can be used when the stressor is controllable
- Is specific to your situation
- Examples include: using your chain of command to file complaints, moving to a new school district, cross-training to a different career field, PCSing out of an unwanted assignment, separating from an abusive relationship, etc.

Emotion-Focused Coping:

- Centers/teaches control over your own reactions
- Can be used when the stressor is uncontrollable
- Involves most psychological treatments
- No person or event has power to make you tense or upset...unless you give that power away
- YOU make yourself upset, tense, angry, anxious because of how you perceive the event
- Examples include: cognitive behavioral therapy strategies which work to alter your perceptions of events or interventions that help you gain control over physiological reactions directly, through deep breathing and relaxation exercises

Did you notice one list seemed closer to your usual reactions? The importance of knowing the difference is not for you to harshly judge yourself, but to highlight the need to intentionally employ the *most appropriate response* given a specific time and circumstance—adaptive coping.

For more information on this or any other psychological health issue call me at 334-394-7112.

“On some dimension or other, every event in life can be causing only one of two things: either it is good for you, or it is bringing up what you need to look at in order to create good for you.” ~Deepak Chopra



Lt. Col. Joseph Rodriguez, deputy commander, 495th Fighter Group officiates the ceremony standing up the 377th Fighter Squadron, appointing Lt. Col. Doyle Pompa as commander. The ceremony was held Nov. 7 at the 187th Fighter Wing, Ala. (U.S. Air Force photo by Tech. Sgt. Christopher Baldwin)

AROUND THE PATTERN



Your next decision

by Senior Master Sgt. David Betts – David.e.betts4.mil@mail.mil
187th Fighter Wing Human Resource Advisor – 334.394.7178

Why did you join the Air Guard? How often have you heard that question? If I had a dollar for every time I heard that question, we could use that total for a recruitment incentive account. Today, I ask different questions.

Have you asked yourself the question – Why did I join the Air Guard? Do I have any dollars to count? Some answers are “I am not that kid or that person that joined then” and “I do not have the same thoughts now as then.”

Now that you have joined and you are an Air Guard member, what would you do if you woke up tomorrow not the rank you are now? What would you do? You, Sir are not a Colonel or a Chief Master Sgt. Count your blessings or count your regrets. Colonels and Chief Master Sgts, did you achieve your position without relying on others and are you contributing or mentoring?

Statistically speaking, we can't all seek to become Colonels or Chief Master Sgts. Realistically speaking, most aren't even seeing that end. Some are wishing and some are hoping, but what shall prevent you? Is it you? If that isn't the case and you are not the issue, can you explore the issue/s that prevent you or others from being all the Air Guard has possible? You are at the center of this situation. Your move!



What can I, the commander, the vice-commander, the command chief, first sergeant, Retention Office Manager, Training Manager, and Career Advisor do for you, if you aren't exploring? You own your career-reputation. If you will ever really own anything that follows you, the next decision is yours. Every decision or lack of decisiveness makes you. Who else is writing your story- legacy? Consider your next move. Do not allow anyone other than yourself to write your story. Don't pretend to live.

We need your help to recruit, mentor, build, encourage and hold accountable your supporting team; that is your recruitment incentive.



187TH FIGHTER WING



AROUND THE PATTERN

187th Fighter Wing Christmas Celebration

When: Saturday, 5 December 2015

Where: Maintenance Base Hangar

Time: 1:00 p.m. to 3:00 p.m.

All unit members and their families are invited!

• Have your picture taken with Santa in an F-16!

• Refreshments

• Games

• Crafts



For more information please contact Sharon Hubbert, 394.7527





CHAPLAIN



Q: And do you have a lock on your locker?

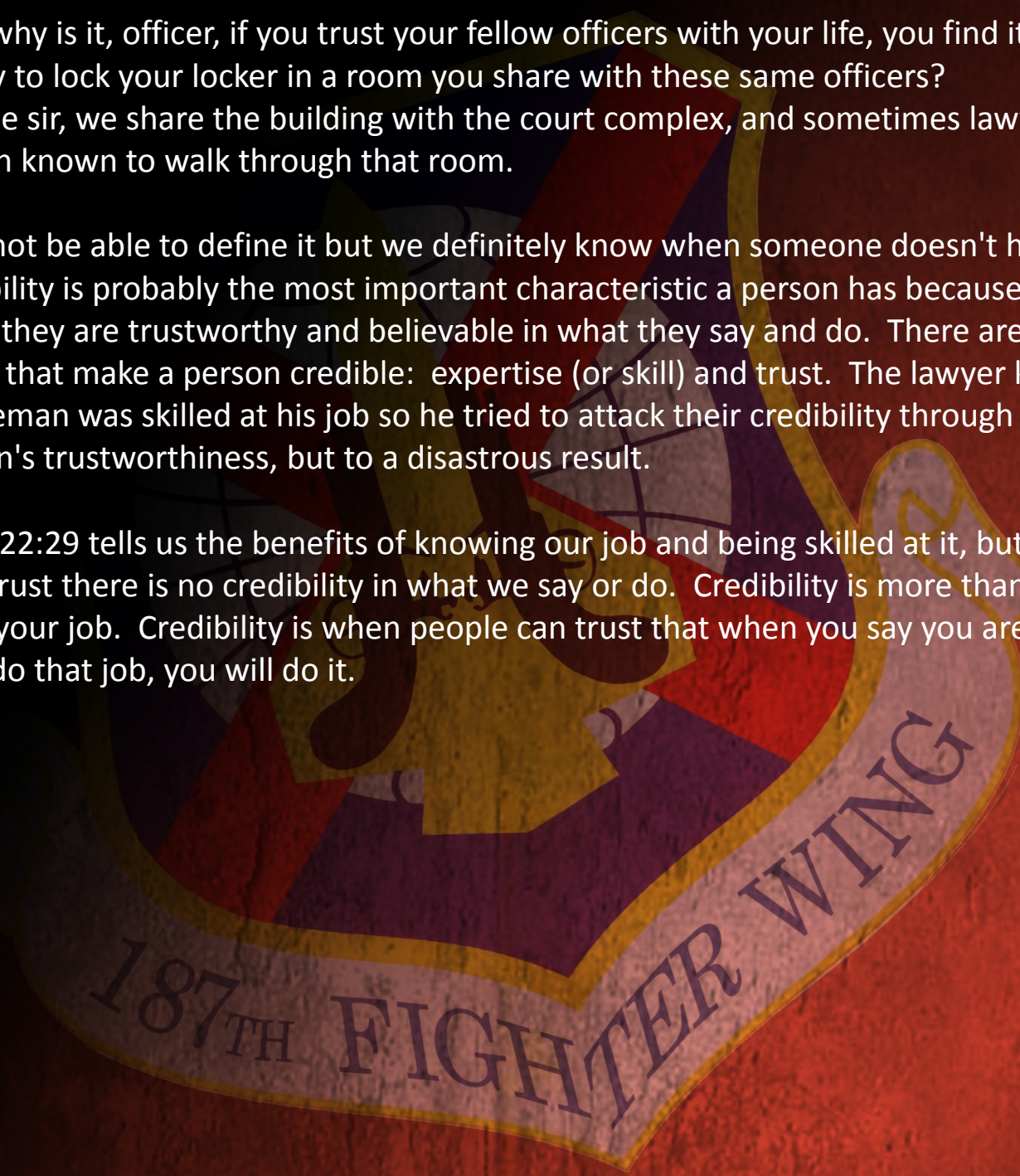
A: Yes sir.

Q: Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?

A: You see sir, we share the building with the court complex, and sometimes lawyers have been known to walk through that room.

We may not be able to define it but we definitely know when someone doesn't have it. Credibility is probably the most important characteristic a person has because it tells us if they are trustworthy and believable in what they say and do. There are two elements that make a person credible: expertise (or skill) and trust. The lawyer knew the policeman was skilled at his job so he tried to attack their credibility through the policeman's trustworthiness, but to a disastrous result.

Proverbs 22:29 tells us the benefits of knowing our job and being skilled at it, but without trust there is no credibility in what we say or do. Credibility is more than just knowing your job. Credibility is when people can trust that when you say you are going to do that job, you will do it.



“The Importance of Credibility”

Submitted by: Chaplain Tyler Cox

"Do you see a man skilled in his work? He will stand before kings; he will not stand before obscure men." - Proverbs 22:29

A lawyer was trying to undermine a policeman's credibility...

Q: Officer, did you see my client fleeing the scene?

A: No sir. But I subsequently observed a person matching the description of the offender running several streets away

Q: Officer, who provided this description?

A: The officer who responded to the scene.

Q: A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?

A: Yes, sir; with my life.

Q: With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?

A: Yes sir, we do.

Q: And do you have a locker in the room?

A: Yes sir, I do.

Gen. Stanley Clarke, Director, Air National Guard, talks with Airmen during a visit to the 187th Fighter Wing Nov. 7. (U.S. Air Force photo by Tech. Sgt. Christopher Baldwin)





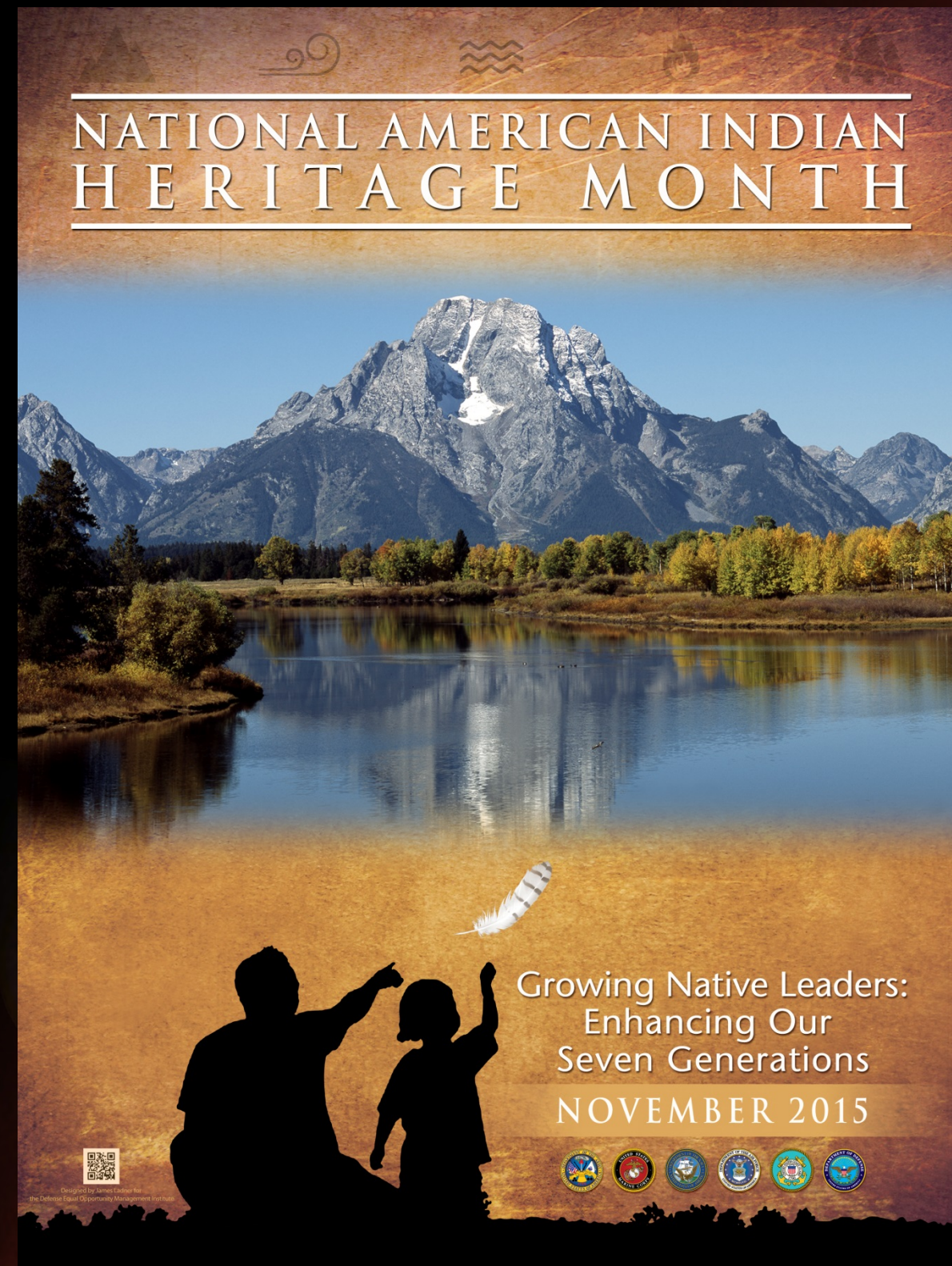
AROUND THE CORNER

November is National American Indian Heritage Month

By Maj Maranda Brown, EO Director

Native American Heritage Day is 27 Nov, and throughout the month National American Indian Heritage Month is celebrated. The theme for this year's observance is, "Growing Native Leaders: Enhancing Our Seven Generations." This theme underscores the Great Law of the Iroquois Seven Generations sustainability concept. A rich and vibrant heritage of culture and people is recognized.

American Indians and Alaska Natives have enriched our nation and this time is set aside to commemorate them and their distinguished service to our nation. Exceptional heroism and devotion to duty have been illustrated to the Armed Forces through duty from the American Revolution to the wars in Iraq and Afghanistan. American Indians and Alaska Natives have kept sacred the preservation of their traditions, languages and cultures, fostering generativity to future generations. The contributions to this nation are immeasurable and worthy of celebration not only this month but every day of the year.



AROUND THE PATTERN

Officers' Promotion Matrix

Promotion to Grade	Unit Vacancy	Mandatory	Required PME
Colonel / O-6	3 years	Not Applicable	Air War College
Lieutenant Colonel / O-5	4 years	7 years	Air Command & Staff College
Major / O-4	4 years	7 years	Squadron Officer School
Captain / O-3	2 years	3 years	None
1 st Lieutenant / O-2	2 years	2 years	None

Congratulations Alabama Air National Guard Outstanding Airman of the Year!

NCO Category – Tech. Sgt. Jeremy D. Hernandez

First Sergeant Category – Senior Master Sgt. Kristie J. Pomilia

Congratulations FY 15, 2nd Quarter, Airman of the Quarter award winners!

AMN: Airman 1st Class Akimee Smith

NCO: Staff Sgt. Ricardo Hill

Enlisted Promotion Requirement Matrix



“Successful People use Their Strength by Recognizing, Developing and Utilizing the Talents of Others.”

“Talent unused is a picture of frustration.”

“Infect as many as you can with your positive attitude.” - Col. Samuel W. Black.



R U L E	Promotion to	Required PAFSC	Time in Service (TIS) of at least	Time in Grade (TIG) of at least (Note 5)	Mandatory education requirements	Promotion retainability requirement
1	E-2 (Amn) Airman	3-skill level	6 months (Note 4)	6 months	Initial Active Duty for Training (IADT)	None
2	E-3 (A1C) Airman First Class	3-skill level	12 months (1 year) (Note 4)	6 months (Note 6)	IADT	None
3	E-4 (SrA) Senior Airman	3-skill level	24 months (2 years) (Notes 2 and 4)	12 months (1 year) (Notes 2 and 6)	IADT	None
4	E-5 (SSgt) Staff Sergeant	5-skill level (or 3-level when no 5-level exists in the AFSC)	48 months (4 years)	24 months (2 years)	ALS (Note 7)	None
5	E-6 (TSgt) Technical Sergeant	7-skill level	72 months (6 years) (Note 3)	24 months (2 years)	ALS (Note 7)	None
6	E-7 (MSgt) Master Sergeant	7-skill level	108 months (9 years) (Note 3)	24 months (2 years)	Noncommissioned Officer Academy (NCOA)	AGR – 24 months (2 years) All others – 12 months (1 year)
7	E-8 (SMSgt) Senior Master Sergeant	7-skill level (Note 1)	156 months (13 years) (Note 3) EPP: 204 months (17 years)	24 months (2 years)	Senior Non-commissioned Officer Academy (SNCOA) (Note 8)	24 months (2 years) EPP – 36 months (3 years)
8	E-9 (CMSgt) Chief Master Sergeant	9-skill level (Note 1)	204 months (17 years) (Note 3)	24 months (2 years)		24 months (2 years) EPP – 36 months (3 years)
9	Wounded Warrior (WW2) All Grades (Note 9)	Applicable Skill level for grade to be promoted to (Note 9)	Applicable TIS for grade to be promoted to (Notes 3 and 9)	Applicable TIG for grade to be promoted to (Note 9)	Applicable to the grade to be promoted to (Note 9)	Applicable to grade to be promoted to (Note 9)

Notes:

- Promotion of the State Recruiting and Retention Superintendent (RRS) will require 9-skill level certification by the commander.
- Effective 1 April 2006, any member accessed into the ANG on or after this date must have 12 months TIG as an A1C (E-3) and 24 months TIS to be promoted to SrA (E-4).
- TIS computations for all promotions will be based on satisfactory years of service for retirement.
- TIS is computed from the date the member enters IADT status. The source document for determining IADT is the TTS order or a completed DD Form 214
- Only satisfactory years of service for retirement will be used to meet TIG requirements.
- TIG is computed from the date the member enters IADT status. The source document for determining IADT is the TTS order or a completed DD Form 214.
- This requirement applies to ANG members enlisted from other branches of the Armed Forces, regardless of the level of PME attained during their prior service.
- Completion of the United States Army Sergeants Major Academy or the United States Navy Senior Enlisted Academy is equivalent to SNCOA.
- Wounded Warrior (WW2) Classification: Although not world-wide qualified and not passing fitness based on their status, those members classified as WW2 are eligible for promotion provided they meet all other mandatory requirements including sole incumbency of a vacant position.



PT SCORES & FITNESS

Fitness Honors

The following individuals scored a PERFECT 100 or EXCELLENT during last month's Fitness Assessment.



CONGRATULATIONS!!!

EXCELLENTS

SRA	BENNETT SHERNOVIUS	MXS
A1C	BRASWELL JOHN	LRS
1LT	BRENNAN RICHARD	495FW
TSG	BROACH JENNIFER	MOF
2LT	BURKS TODRICK	MXS
LTC	CARTWRIGHT MICHAEL	CERF-P
A1C	CHANDLER JUSTIN	AMXS
A1C	CHESNUTT ALEXANDER	MXS
COL	CLARK ROBERT	MDG
TSG	COOK SONIA	LRS
SRA	DAVIS RHETT	AMXS
MSG	DUNSMORE ROBERT	MOF
A1C	GANTT ZAKKARY	AMXS
SRA	GILL JONATHAN	AMXS
A1C	GOOLSBY MICHAEL	AMXS
MSG	GRANT FREDDIE	LRS
CAPT	HILL TYLER	495FW
SSG	HILL RICARDO	CES
A1C	JACKSON BARRY	COMM
SSG	JOHNSON JUSTIN	AMXS
A1C	KNIGHT JAMES	AMXS
TSG	LIONBERGER RANDALL	AMXS
A1C	LOMELI DAMIAN	AMXS
MAJ	MCKENZIE REBECCA	LRS
TSG	MORALES GOVA	COMM
TSG	POPE KENNETH	MXS
SRA	RIGGS HARRISON	AMXS
1LT	RONEY DON	OG
MSG	RUFFNER SAMUEL	AMXS



VACANCIES

Air National Guard Technician

<u>POSITION TITLE</u>	<u>ANNC NUMBER</u>	<u>CLOSEOUT DATE</u>
AIRCRAFT ORDNANCE SYSTEMS MECHANIC	ALAF15-271	11/27/2015
IT SPECIALIST (INFOSEC)	ALAF15-273	12/7/2015



Click the link below for more available jobs

<http://alguard.state.al.us/Careers/HRO/jobannouncements/default.aspx>



RECRUITING & RETENTION

If you are due for reenlistment, please stop by to see Master Sgt. Nathan Burrows, your Retention Office Manager. We can discuss features and benefits that make your continued service more valuable than ever. Among those benefits are:

- Your continued eligibility for GI Bill benefits
- Potential eligibility for Post 9/11 GI Bill benefits
- The Alabama National Guard Educational Assistance Program
- The ability to transfer 9/11 GI Bill benefits to your dependents for their use
- Earning a military retirement
- Earning additional monthly pay
- Continued availability of low-cost health insurance
- The flexibility to change career fields
- The potential to promote and seek leadership positions within the unit
- Continued access to base facilities such as the Base Exchange, Commissary, and gym facilities

Contact Master Sgt. Nathan Burrows, 187th Fighter Wing Recruiting and Retention Manager, at DSN 358-9480, Comm: 334-394-7480, Cell: 334-220-4339

Wing and GSUs members, We need your help! Please refer your qualified family members and friends to one of your five recruiters.

Master Sgt. Word and his team would love to work with your referrals to help them become a member of our great Alabama Air National Guard.

Your five recruiters are:

Master Sgt. Word 334-221-7277

Tech. Sgt. Howard 334-233-1163

Tech. Sgt. Milford 334-221-8690

Tech. Sgt. Nelson 334-221-7571

Staff Sgt. Freeman 334-414-2431

187 FW Mentoring Program

Something new and exciting is on the horizon!!! The 187FW Mentoring program officially began January UTA. The purpose of the mentoring program is to provide guidance, encouragement, direction and insight to our Airman. If you would like more information on the mentoring program please contact one of the following committee members. Thank you!!

Senior Master Sgt. David Betts(FW) x7178

Senior Master Sgt. Stan Skipper (FW) x7161

Senior Master Sgt. Jeff Shirley (LRS) x 7513

Senior Master Sgt. Becky Daniels (LRS) x7486

Senior Master Sgt. Kristie Pomilia (FW) x7177

Senior Master Sgt. Mataya Williams (CE) x7515

Master Sgt. Lisa McDay (FSS) x7463

Master Sgt. Lou Enriquez (CF) x 7444

Master Sgt. Samantha McLeod (FW) x7170



TOUCH & GOs

2015 UTA SCHEDULE

Next Drill is *December 5-6*

2016 UTA SCHEDULE

January 9-10

February 18-21(AT)

March 19-20

April 9-10

May 10-15

June 4-5

July NONE

August 4-5

September 10-11

October 1-2

November 5-6

December 3-4

Reminder: Don't forget to take advantage of the on base gas pumps; it contributes to the wing's morale fund for YOU!

JOIN THE HONOR GUARD



If you are interested in learning about opportunities with the Base Honor Guard, contact [Tech. Sgt. Mia Davis](#)



REMINDERS & NOTICES



IMPORTANT NOTICE



In accordance with the ALNG TAG'S Policy Letter dated 21 November 2013, Privately Owned Weapons (POWs) are allowed on ALNG installations. Members must adhere to the following to comply with the policy:

- POWs are **NOT** allowed until member receives a commander's brief,
- POWs are **NOT** allowed until member signs a statement of understanding,
- POWs are **NOT** allowed inside any building,
- POWs must be stored in a locked privately owned vehicle,
- Members must be eligible to carry a POW, according to all statutes and ordinances,
- Park in a valid designated area; (DANG defines a valid designated parking area as any legal POV parking space).
- Personnel will not use POWs under any circumstances to aid Security Forces**
- POWs are **NOT** allowed on federal installations, i.e. Maxwell and Gunter AFB.

****This is the TAG's policy and it's not negotiable.****

For additional information contact:

Chief Master Sgt. David E. Sellers, 187th Security Forces Manager at 334-394-7535 or david.sellers@ang.af.mil

Romanian MiG-21 pilot takes off during Dacian Viper, Oct. 21 in Câmpia Turzii, Romania. Members of the 187th Fighter Wing participated in the exercise as part of the State Partnership Program. (Photo by: Tech. Sgt. Christopher Baldwin)



Final Photo